Member News

Labor Day Hours are 8 a.m. to 1 p.m. Enjoy your holiday!

NEW MEMBER BENEFIT: Lakeshore Online Fitness

We are excited to launch a new member benefit giving you more opportunities to be active and healthy - Lakeshore Online Fitness. With this new member platform, you will be able to register for and attend online fitness classes from the comfort of your home or anywhere you choose to connect, as well as having access to on-demand exercise videos. And, by participating in the research component, you may earn incentives for attending classes and giving us feedback.

As a Lakeshore member, your feedback will be important in helping us plan Lakeshore Online Fitness classes that meet your needs and interests. It takes less than five minutes to complete the survey giving us your preferences. We will use the results in developing and scheduling our online classes.

Watch for more information in the coming weeks about the launch of Lakeshore Online Fitness and how you can create your account. In the meantime, let us hear from you!

Give It a Try!

We have several new recreation programs that have begun. Check them out!

**Air Rifle Shooting and Archery**
*Mondays and Wednesdays, 12-2 p.m.*
Shooting and archery take place in the Shooting Range in the hall past the Fitness Center. You will be briefed on shooting/archery safety and receive basic shooting/archery instruction. No personal equipment or registration is necessary.

**Wheelchair Tennis**
*Wedgesdays, 6-8 p.m.*
We are excited to offer wheelchair tennis clinics each Wednesday from 6 to 8 p.m. beginning September 1. Clinics are open to members age 6 and up and of all skill levels. Each week will focus on specific skills and also include match play. Daily wheelchair use is not a requirement and sports wheelchairs are available. Registration is required. For any questions contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443. [REGISTER]

**Boccia**
*Tuesdays from 10-11 a.m. and Wednesdays from 12-1 p.m.*
No registration required. Just come and play!

**Cycling**
*Tuesdays from 7 a.m. - 1 p.m. and 4-6 p.m.*
*Wednesdays from 11 a.m. - 1p.m.*
*Fridays from 7-10 a.m.*
Appointments are required. Contact Caroline Hudlow at carolineh@lakeshore.org or 205-313-7443.

Your Weekly Reservations

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<th>Aug. 30-Sept. 4 Fitness</th>
<th>Sept. 6-11 Fitness</th>
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Youth Program Registration

Registration is now open for all fall youth aquatics, recreation and athletics programs. View our fall schedule and register your kids today.

Youth Aquatics and Recreation Registration
Youth Athletics Registration (wheelchair basketball, power soccer, swim team)

Meet the New Wheelchair Football Team!

Meet our new Wheelchair Football Team - The Birmingham Hammers. Congratulations to the 21 players who earned a spot on this new team! The team, an expansion team for the newly formed US Wheelchair Football League, will play in two tournaments this year.

- September 11-12: USAWFL Inaugural Tournament in Phoenix, Arizona
- October 30-31: USAWFL Tournament in Chicago, Illinois

Birmingham Hammers Roster

Tim Alexander
Austin Banks
Rashad Bennett
David Carr
Philip Carvalho
Jonah Daniels
Darcy Dixon
WD Foster
Master Hinkle
Quandrius Holt
Montrerius Hucherson
Will Kirkpatrick
Brad Lawler
Bob Lujano
John Mason
Joe Meehan
Christen Mendonca
Akil Muata
Gabriel Palacious
Joon Reid
R.J. Rogers

Birmingham-Jefferson County Transit Authority Seeking Your Input

The Birmingham-Jefferson County Transit Authority (BJCTA) needs your help. They are seeking feedback from the community to better understand the value Max Transit plays in the greater Birmingham community. The BJCTA has partnered with independent consultant TransPro Consulting to conduct a community survey, analyze the results, and provide feedback to BJCTA management team and Board of Directors to understand the value BJCTA brings to the community and how it could improve in the future.

We encourage you to participate in the survey, open until September 14, and to share the link.

Don't Miss the Action

Congratulations to our U.S. Wheelchair Rugby Team on winning the Silver Medal in Tokyo. We couldn't be prouder! Go Team USA!

There is still lots of action ahead as the Men's and Women's Wheelchair Basketball teams defend their Rio gold medals. Be sure to watch for Birmingham native and former Lakeshore athlete Brian Bell! Tune in to NBCSN, NBCOlympics.com or the NBC Sports app. Not able to watch the coverage live? That's ok. You can watch replays of all the events on NBCOlympics.com and the NBC Sports app.
COVID-19 Updates

Visit the CDC's COVID-19 website for updates regarding the COVID-19 vaccines and immunocompromised individuals, breakthrough infections, booster shots and more. Thank you for your ongoing support as continue to wear masks at Lakeshore and encourage handwashing and social distancing. We continue to closely monitor the latest information from public health organizations and from our local healthcare providers.